



## GRAFTON PARKS AND REC. WEDNESDAY FIRST TRACKS

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Primary Email: \_\_\_\_\_ Email 2: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Any Medical/Physical Issues or Allergies: \_\_\_\_\_

- ❖ Indicate Ability Level as outlined on back of this form: \_\_\_\_\_
- ❖ If Renting: Height \_\_\_\_\_ Weight \_\_\_\_\_ Shoe Size \_\_\_\_\_
- ❖ If Renting SKIS you MUST indicate Skier TYPE as outlined on back of this form: \_\_\_\_\_

CHOOSE PROGRAM AND TIME: SKI ☐ SNOWBOARD ☐ 4:15pm \_\_\_\_\_

Ski or Snowboard Lessons	\$160.00 _____	w/ rentals	\$250.00 _____	w/ rental & helmet	\$285.00 _____
Lift Ticket Only – no lessons	\$85.00 _____	w/ rentals	\$175.00 _____	w/ rental & helmet	\$210.00 _____
Helmet Rental Only	\$35.00 _____				
			TOTAL	\$	

### Terms and Conditions

I sign this release both individually and as parent/Guardian with legal authority and responsibility for any minor children named on this form. I sign it freely realizing it is binding upon myself, my heirs and assigns and any children listed on this form. I consent and agree to the use of the ski area by those minor children. I certify that those children are in good physical condition and that we are aware that this program provides no Health/Accident Insurance. In case of personal injury during, before or after participation in this program, I hereby consent to treatment for those children by a medical doctor or member of Ski Ward Ski Patrol.

On behalf of myself, any minor children named on this form and our heirs, assigns, personal representatives and next of kin, (1) I acknowledge that participation in alpine skiing and/or snowboarding in their various forms carries with it inherent risks, including but not limited to, the risk of personal injury, death or property damage and I voluntarily assume those risks, and (2) I release Ski Ward, Inc. (D.B.A. Ski Ward Ski Area) its officers, officials, agents, representatives, affiliated companies and/or employees, with respect to any and all liability, loss, damage, costs, claims, and/or causes of action, including but not limited to injury, disability, death, or loss or damage to person or property related in any way to the use of the ski area by myself or any children listed on this form, whether arising from the negligence of Ski Ward Inc., its officers, officials, agents, representatives, affiliated companies and/or employees, or conditions on or about the premises and facilities, or the operations of the ski area, including but not limited to ski instruction, grooming, snowmaking, equipment setting, lift operations and maintenance.

I further agree to indemnify and hold harmless Ski Ward Inc., its officers, officials, agents, representatives, affiliated companies and/or employees from any and all liabilities incident the use of the ski area by any minor child named on this form, even if arising from the negligence of Ski Ward Inc., its officers, officials, agents, representatives, affiliated companies and/or employees, to the fullest extent permitted by Law.

As parent or guardian of the above participant I have read, understand and agree to the Terms and Conditions and Cancellation Policies as stated on the back of this form.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### **Cancellation/ No Refund Policy**

**There are NO REFUNDS (cash or credit) for withdrawal from program and/or for equipment rental; \$10 administrative fee for all late registrations and any changes made less than 1 week prior to program start; \$25 returned check fee. No credit given for missed or partial.**

**Cancellations for all Ski Ward programs will be announced on the Ski Ward Snow Phone (508) 842-6346 and posted on our website ([www.skiward.com](http://www.skiward.com)) by 12 noon. Cancellations will be rescheduled due to extreme cold weather with high winds and temperatures below 5 degrees. ONLY lessons cancelled by Ski Ward will be rescheduled.**

**AMERICAN TEACHING SYSTEM ABILITY LEVEL STANDARDS: THIS INFORMATION IS VERY IMPORTANT AS GROUP PLACEMENT IS BASED ON THE INFORMATION ON THIS FORM. IF YOU ARE NOT OF THE LEVEL ABILITY, GO DOWN ONE LEVEL. IF NO LEVEL IS NOTED PARTICIPANT WILL BE PLACED IN LEVEL 1**

**Level 1.** Participant is new to the sport of skiing; this is his or her first lesson.

**Level 2.** Ability to ski in a gliding/braking wedge stance on easiest terrain, starting basic wedge turns, speed control and knows how to stop.

**Level 3.** Skis confidently with linked wedge turn and skis wedge-christie on intermediate trails. Can ride the chairlift alone.

**Level 4.** Ability to match skis parallel and skid to finish turns, ski with rhythm and round turns through steering edging and pressure control movements. Linking turns.

**Level 5.** Controlled turns on steeper terrain, knowledge of pole swing, touch and placement.

**Level 6.** Matching of skis commencing into turns. Parallel turns with good pole use and an open stance. Ability to ski varied terrain and snow conditions.

**Level 7.** Beginning carving, pre-race, pre-freestyle, comfortable in bumps.

### **SNOWBOARDING:**

**Level 1.** Participant is new to the sport of snowboarding; this is his or her first lesson.

**Level 2.** Ability to move in a balanced manner in an upright neutral stance, move with only one foot in binding, familiar with the basics of skating, gliding, turning, and stopping. Understands side slipping and traversing.

**Level 3.** Introduction to tows/lifts. Traversing and linking turns heelside and toeside. Can stop under control.

**Level 4.** Can ride beginner lifts. Can link turns on beginner terrain. Beginning to vary turn shape and size to control speed.

**Level 5.** Ability to use chair lift and intermediate terrain. Beginning carved turns on varying terrain. Can ride forward and backward (switch or fakie), varying turn shape and size with accuracy to control speed.

**Level 6.** Ability to ride intermediate terrain. Efficient and effective riding under all terrain and snow conditions. Liking skidded turns showing rhythm.

**Level 7.** Beginning 180's (frontside and backside). Comfortable in bumps, gates, and rails.

**SKIERS - SELECTING YOUR SKIER TYPE IS YOUR RESPONSIBILITY!** Your skier type (height, weight, age and shoe size) are used by the shop technicians to determine the release/retention setting of your ski bindings. It is important to provide accurate information. Inaccurate information may increase your risk of injury.

<b>TYPE I</b>	<b>TYPE II</b>	<b>TYPE III</b>
Entry level skiers uncertain of their classification	Prefer a variety of speeds	Prefer faster speeds
Prefer slower speeds	Prefer to ski on varied terrain	Prefer fast and aggressive skiing on slopes of moderate to steep pitch
Prefer cautious skiing on smooth slopes of gentle to moderate pitch	Skiers not classified as either Type I or III	Prefer higher than average release/retention settings
Prefer lower than average release/retention settings	Prefer average release/retention settings appropriate for most recreations skiing.	Prefer decreased releaseability in a fall in order to gain decreased risk of inadvertent binding release
Prefer increased risk of inadvertent binding release in order to gain increased releasability in fall		